

DEGREE OF DIFFICULTY CATALOG OF INDIVIDUAL EXERCISES

VAULTING

2011

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2011 DEGREE OF DIFFICULTY

CATALOG

INDIVIDUAL EXERCISES

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This catalog is intended to be a "living" document which can be modified and added to as the athletes envision and perform new exercises. The Degree of Difficulty assigned to each move takes into consideration the demands upon:

- Suppleness/flexibility
- Stretch
- Strength
- Balance
- Coordination
- Timing and
- Harmony with/Consideration of the horse

When assessing the degree of difficulty of exercises, the following aspects must also be taken into consideration:

- Height off the horse
- Complication of the movement(s) (transitions, dynamic exercises)
- Number and security of holding points (static exercises)
- Changes in direction (forward, backward, sideways/across)
- Changes in relation to the horse (on neck, on croup, inside, outside, jumps, ground jumps)
- The biomechanical requirements of each exercise

GROUPS:

The freestyle exercises listed in this catalog are divided into groups. For optimal technique, it is necessary for the vaulter to fulfill the corresponding biomechanical requirements for the exercises within those groups.

1. Static exercises. A static exercise is one in which the vaulter's center of gravity is not displaced (the exercise is held) for a minimum of three (3) canter strides. Harmony with the horse's movement must be maintained for optimal technique.

- Sitting exercises. Requirement: Where at least the seat has to provide the support for the vaulter's center of gravity.
- Hanging exercises. Requirement: Shoulder axis of the vaulter is below the holding point. The body load is transferred via the upper or the lower limbs to the holding points, whereupon pressure is exerted on them by pulling.
- Kneeling exercises. Requirement: Where one or both lower legs support the vaulter's center of gravity.*
- Lying exercises. Requirement: The vaulter's supporting area is at least the trunk, and must be in an almost-horizontal position in order to meet optimal technique.
- Standing exercises. Requirement: Maintain balance in an unstable equilibrium on the horse. The vaulter can be standing on his/her feet, in a handstand position or on the shoulder axis for purposes of the groupings in this catalog.

- Supported exercises. Requirement: Shoulder axis of the vaulter is above the support area; the body load is transferred via the upper limbs of the vaulter to the support area; the center of gravity of the vaulter is below the shoulder axis.

*In the Catalog of Exercises, where “knees” are mentioned in the comments section, it is understood that the support is from the knee to the top of vaulter’s foot. The vaulter’s weight should never be entirely on the knee on the horse’s back or neck.

2. Dynamic Exercises. A dynamic exercise is one in which the vaulter’s center of gravity is displaced by muscle power or kinetic energy. The requirements of a dynamic exercise are:

- a) The vaulter’s body is displaced
- b) The vaulter must remain in control of the movement

- Jumps. Requirement: The vaulter’s body lifts off the horse by quickly stretching the supporting limbs, and the vaulter’s center of gravity gains height against the force of gravity. Jumps are differentiated further in this catalog as “hops,” where the center of gravity rises less than 1 foot and “jumps,” where the center of gravity rises 1 foot or more.
- Swinging Exercises. Requirement: Where through quick swinging of individual parts of the vaulter’s body, enough kinetic energy is generated to move the vaulter’s entire body.
- Turns. Requirement: Movements around one of the three body axis. Combined turns are around more than one axis.
 - Twists – Twists are turns around the vaulter’s vertical body axis
 - Cartwheels – Turns (handsprings) around the vaulter’s sagittal axis.
 - Turns around the lateral axis such as:
 - Rolls – Turns around the lateral axis where there is constant contact with the horse.
 - Handsprings – Turns around the lateral axis where there is contact with the horse only after 180 degrees.
 - Somersaults – Free turns around the lateral axis where contact with the horse is only made after a turn of at least 360 degrees.

CATALOG NOTES:

Mounts and Dismounts. Mounts listed in this catalog are as performed from the inside. All mounts from the outside are one degree difficulty higher than the same one from the inside. Mounts and Dismounts are not grouped into the above-identified groups, but are set out in the beginning portion of the Catalog of Exercises and stand alone.

Bench Exercises, Flags and Arabesques are in a group of their own following the Supported Exercises.

Compulsory Exercises. Freestyle exercises that incorporate a compulsory exercise (for example, reverse flag on back) are not further identified, as it is assumed that all members are familiar with the description of the compulsory exercises. (See FEI Guidelines for Judges)

Downgrading Exercises. The degree of difficulty rating assigned to each exercise in this catalog assumes that the stated exercise is performed as described. Poor technique or failure to meet the requirements stated in the comment section may result in a downgrading of the exercise, performance deductions, or both, depending upon circumstances. This is at the discretion of the judge. Exceptions: If an exercise is defined as an “R” exercise in the Catalog, all criteria in the Comment section must be met or the exercise will be downgraded. If a description states that the Center of Gravity must rise 1 foot or more, that exercise will be downgraded, if that requirement is not met.

ACKNOWLEDGEMENTS

This edition of the Degree of Difficulty Catalog has been a two-year-long project. I am hopeful that we, in the vaulting community, can use it as a living document that can be updated yearly or as often as deemed necessary.

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2011 DOD Catalog of Exercises

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
<u>MOUNTS</u>					
Mount to inside side seat				X	Landing in side seat on back facing inside of circle; both legs together and wrapped against horse
Mount to outside side seat			X		Landing in side seat on back facing outside of circle; both legs together and wrapped against horse
Mount to forward kneel				X	Landing on both knees on back facing forward
Mount to sideways kneel facing inside/outside			X		Landing on both knees on back facing inside or outside of circle
Mount to reverse kneel			X		Landing on both knees facing reverse on back
Mount to forward half flag				X	Landing in forward half flag on back with raised leg above horizontal line
Mount to forward flag			X		Landing in forward full flag on back with raised leg and arm above horizontal line
Mount to reverse half flag			X		Landing in reverse half flag on back with both hands on horse and raised leg above horizontal line
Mount to reverse flag		X			Landing in reverse full flag on horse's back with raised leg and arm above horizontal line
Mount to layout sideways facing up			X		Landing sideways across horse's back; vaulter is lying on their back facing up with their body in a horizontal position
Mount to layout sideways on side facing forward				X	Landing sideways across horse's back; vaulter is lying on their side with their body in a horizontal position
Mount to layout sideways on stomach facing outside				X	Landing sideways across horse's back; vaulter is lying on their stomach with their head toward outside of circle. Vaulter's body is in a horizontal position
Mount to layout sideways on stomach facing inside			X		Landing sideways across horse's back; vaulter is lying on their stomach with their head toward inside of circle. Vaulter's body is in a horizontal position
Mount to layout on stomach facing forward				X	Landing along horse's longitudinal line; vaulter is lying on their stomach with head facing forward

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Mount to layout on back facing up			X		Landing along horse's longitudinal line; vaulter mounting to their back with legs together or apart
Mount to shoulder hang to outside of horse			X		Landing sideways on horse's back with both arms on inside of horse; vaulter's back facing outside of circle; head down and body in 180 degree stretched position with feet up. (See Hanging exercises for more)
Mount to shoulder hang, all other positions except to outside of horse		X			Landing in all other shoulder hang positions other than to outside of horse, as described directly above
All mounts to shoulder stand		X			Landing in shoulder stand position (any direction), support point on vaulter's shoulder only. (See Standing exercises for more)
Mount to handstand	X				Vaulter mounts through fully extended handstand with body perpendicular to horse's back; hands on grips or on back
Mount directly to seat reverse on neck		X			Landing in reverse seat position on neck directly. Vaulter does not touch horse or surcingle other than with hands on grips or horse's back
Mount directly to seat forward on neck		X			Landing in forward seat position on neck directly. Vaulter does not touch horse or surcingle other than with hands on grips or horse's back
Scissors mount on				X	Landing in reverse seat position on back. Vaulter jumps off ground, turns toward lunger and lifts left leg up over back to reverse seat position
Cross scissors mount on			X		Landing in reverse seat position on back. Vaulter jumps off ground, turns toward horse and lifts left leg up and over back to reverse seat position
Somersault on to reverse seat on neck (Roll-up-mount - Technical Test)		X			Landing in reverse seat position on horse's neck. Vaulter jumps off ground, turns toward horse and rolls immediately up and over surcingle to reverse seat on horse's neck. (See FEI Technical Test exercises for more)
Combined jumps on with multiple ground jumps (Ex: inside jump to outside ground jump back to inside jump and onto horse)	X				Ground jumps must follow one another immediately, must clear the horse's back and must not interfere with his way of going. After the initial jump, a minimum of two ground jumps must be performed, one of which must be from the outside

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Combined jumps on with one ground jump (Ex: inside jump to outside ground jump onto horse)		X			Ground jumps must clear the horse's back and must not interfere with his way of going. After initial jump, one ground jump from the outside must be performed
Mount to squat position facing forward			X		Vaulter lands on both feet in a forward squatting position
Mount to stand facing forward		X			Vaulter lands on both feet and immediately stands upright in one fluid movement
Mount to arabesque		X			Landing on one foot facing forward; other leg is stretched up to horizontal line or above throughout exercise
Mount to support on the inside				X	Landing in sideways support position facing outside of circle. Vaulter's body is on inside of horse with weight supported by hands; arms are extended
Mount to support on the outside		X			Mount begins from the inside but ends with vaulter's body directly in sideways support position on the outside of the horse facing inside. Vaulter's weight is supported by hands with arms extended. Vaulter does not touch horse or surcingle other than with hands on grips or back
Mount to forward press (Wheelbarrow)			X		Landing along horse's longitudinal line, hands on grips, arms extended in right angle to horse's back; facing in direction of horse's movement, supported by front of both lower legs or feet
Mount to forward press on one leg		X			Landing along horse's longitudinal line, hands on grips, arms extended in right angle to horse's back; facing in direction of horse's movement, supported only by front of one lower leg or foot
<u>DISMOUNTS</u>					
Forward roll over shoulder			X		Roll forward over horse's outside shoulder
Backward roll over shoulder		X			Roll backward over horse's shoulder from reverse seat on back
Roll forward over croup			X		Roll forward over horse's croup from reverse position on back
Backward roll over croup		X			Roll backward over horse's croup from forward position

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Backward roll sideways to inside/outside			X		Roll backward across horse to inside or outside
Forward roll sideways to inside/outside		X			Roll forward across horse to inside or outside
V-Sit dismount to inside/outside				X	From forward or reverse seat astride, both legs swing up together into a V-sit off to inside or outside
Half flank off to inside/outside				X	From seat astride, both legs swing up and back as high as possible, arms extended. Vaulters releases grips and lands on inside or outside of horse, facing forward
Flank off with half turn from reverse on neck or back			X		From reverse seat on back or neck with hands on grips or back, vaulter swings legs up and back as high as possible performing a half flank with a half turn, landing on inside or outside, facing forward
Dismount through handstand from forward flag or arabesque				X	From forward flag or arabesque, vaulter swings extended leg up to near vertical handstand bringing both legs together and landing on inside or outside of horse
Dismount through handstand from kneel			X		From forward kneel, vaulter kicks up to near vertical handstand bringing both legs together and landing to inside or outside of horse
Dismount through handstand with quarter turn			X		From facing sideways, vaulter kicks into a near vertical handstand bringing both legs together and performs a quarter turn to land facing forward
Dismount through handstand from croup with half turn (Round off)		X			From reverse stand, vaulter places hands on croup, kicks into a near vertical reverse handstand bringing both legs together and performs a half twist to land facing forward
Straddle push off over croup			X		From reverse seat on horse's back, vaulter places hands on croup, and with stretched legs and arms extended, dismounts over the croup to land facing reverse
Split/Straddle kick off forward			X		From forward stand, vaulter jumps up and split or straddle kicks off to inside or outside. COG must rise AT LEAST 1 foot
Split/Straddle kick off reverse		X			From reverse stand, vaulter jumps and split or straddle kicks off over croup. COG must rise AT LEAST 1 foot
Tuck/stretch jump off to inside/outside				X	From forward stand, vaulter jumps up to stretch or tuck jump off to inside or outside

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Tuck/stretch jump off to rear of horse			X		From reverse stand, vaulter jumps up to stretch or tuck jump off over croup towards rear of horse. COG must rise AT LEAST 1 foot
Cartwheel off		X			Vaulter performs cartwheel off
Handspring off in all directions		X			Rotation around the lateral axis of the vaulter where hands make contact with the horse only after a turn of 180 degrees, continuing in the same direction to the ground (usually from forward stand, spring backward to hands on croup and off to ground)
Back/front somersault off, any direction		X			Free rotation around the lateral axis of the vaulter where there is contact with the ground only after a turn of at least 360 degrees (somersault/flip in air to ground)
Any somersault off performed around more than one axis	X				Free rotation of at least 360 degrees where there is a turn around more than one axis (Example: Back flip with a twist; aerial round off)
<u>DYNAMIC EXERCISES</u>					
Turn from seat sideways in/out on neck to forward/reverse seat on back				X	Begins from seat sideways on neck; vaulter rotates around their vertical axis to forward or reverse seat on back
Forward prince to reverse prince/reverse prince to forward prince			X		Begins with vaulter's body upright on back supported on one knee and other leg bent at 90 degree angle with foot on horse. Vaulter turns body to reverse position with opposite knee and opposite foot on horse (forward to reverse and vice versa); arms free throughout dynamic exercise
Twist from seat sideways facing inside/outside to seat forward/reverse on neck				X	Begins from seat sideways on back; vaulter rotates around their vertical axis to forward or reverse seat on neck
Roll backward from any position on back to reverse seat on neck				X	Backward roll with stretched legs and fluid movement from any reverse position on horse's back to reverse seat on neck
Roll backward from any position on back with scissors movement to forward seat on neck			X		Backward roll with stretched legs and fluid movement from any reverse position on horse's back; vaulter crosses legs during roll to land facing forward on neck

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Roll backward from any position on back to reverse flag/half flag on neck			X		Backward roll with stretched legs and fluid movement from any reverse position on horse's back, ending up in reverse half flag or flag on neck
Roll backward from any position on back to reverse arabesque/needle on neck		X			Backward roll with stretched legs and fluid movement from any reverse position on horse's back, ending up in reverse arabesque/needle with raised leg above horizontal
Roll backward from any position on back to handstand position	X				Backward roll with stretched legs and fluid movement from any reverse position on horse's back, through near vertical handstand, arms fully extended
Roll forward/backward from neck to lying across back			X		Beginning from any position on horse's neck, vaulter rolls forward or backward to lying sideways across back. In completed position, the vaulter's body is horizontal, facing inside or outside of circle
Roll forward from neck to reverse seat on back		X			Vaulter rolls from reverse seat on neck over the surcingle to reverse seat on back
Roll backward from neck to forward seat on back		X			From forward seat on neck, vaulter rolls backwards over the surcingle to forward seat on back
Roll forward from support on croup to forward seat on neck		X			From support on croup with hands on horse's back, vaulter rolls forward along spine of horse to forward seat on neck
Roll forward from kneel on croup to forward seat on neck (Technical Test exercise)		X			From kneeling forward on croup with both hands on pad or croup, vaulter rolls forward along spine of horse with legs stretched and slightly straddled, ending in upright forward seat on neck. (See FEI Technical Test exercises for more)
Roll forward from neck (all positions) to lying on back with closed legs			X		From reverse exercise on neck, vaulter rolls forward over surcingle to lying on their back along horse's spine, legs closed
Handstand roll down		X			From reverse exercise on neck, vaulter swings or kicks into near vertical handstand position with arms extended, and then rolls down softly along horse's spine to layout facing up
Rolling down from reverse shoulder stand to layout				X	From reverse shoulder stand on back, vaulter rolls down along horse's spine to layout position, facing up
Roll up from layout to shoulder stand			X		From layout along horse's spine facing up, vaulter rolls back and up to a shoulder stand

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Roll up from layout on back with scissors movement to forward seat on neck			X		From layout along horse's spine facing up, vaulter rolls back and scissors legs to finish in forward seat on neck
Layback reverse scissors on neck				X	From forward seat on neck, vaulter lies back for support and scissors legs, rotating body to sit facing reverse on neck
Reverse scissors on neck			X		From forward seat on neck, vaulter performs reverse scissors movement (not laid back) to finish sitting reverse on neck
Scissors on croup		X			From reverse seat, hands are on croup, vaulter swings legs up and back to near vertical handstand position with arms extended, performs scissors movement, and finishes in forward seat position on back
Reverse half flag on neck to forward seat/kneel on back, supported				X	From reverse half flag on neck, vaulter swings leg around and rotates body to forward seat or forward kneel on back; weight is supported by both arms throughout. Raised leg should be horizontal or higher throughout the movement phase
Reverse half flag on neck to forward/sideways flag, supported by both arms and changing supporting leg				X	From reverse half flag on neck, vaulter swings leg around and rotates body to forward or sideways flag on back, changing the supporting leg. Weight is supported by both arms throughout. Raised leg should be horizontal or higher throughout the movement phase
Reverse half flag on neck to forward/sideways flag, supported by both arms but NOT changing the supporting leg			X		From reverse half flag on neck, vaulter swings leg around and rotates body to forward or sideways flag on back without changing the supporting leg. Weight is supported by both arms throughout exercise. Raised leg must be horizontal or higher throughout the movement phase
Forward flag to reverse flag on neck, changing the supporting leg				X	From forward flag on back, vaulter swings leg around and rotates body to reverse flag on neck, changing the supporting leg. Weight is supported by both arms. Raised leg should be horizontal or higher throughout the movement phase
Forward flag to reverse flag on neck, without changing the supporting leg			X		From forward flag on back, vaulter swings leg around and rotates body to reverse flag on neck without changing the supporting leg. Weight is supported by both arms. Raised leg must be horizontal or higher throughout movement phase

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Squat from support in/out to side seat				X	From support (press) on inside/outside, vaulter rotates to side seat position, facing inside/outside on back
Squat from support in/out to support with 90 degree angle		X			From support inside/outside, vaulter raises legs to held support with legs at 90 degree angle from torso
Flag/Arabesque leg changes				X	From flag or arabesque on back, legs are changed in rhythm with the horse's movement, alternating raised leg to supporting leg. Movement should be above horizontal line
Swing to shoulder stand from seat/flag/arabesque (any direction)			X		From seat, flag or arabesque position (any direction), vaulter swings legs up into a shoulder stand
Forward prince to stand				X	From forward prince position, vaulter rises to stand. Hands may not touch horse or grips
Prince (any direction except forward) to stand (any direction)			X		From prince position (any direction besides facing forward), vaulter rises to stand (facing any direction). Hands may not touch horse or grips
Supported swing with half turn from seat to reverse seat and vice versa			X		From forward seat on back, vaulter swings legs back and up and turns in air to land in reverse seat on neck and vice-versa
Supported swing (through handstand) with half turn from seat to seat, changing position		X			From forward seat on back, vaulter swings legs back and up to near vertical handstand position turning in air to land in reverse seat on neck and vice-versa
Rotation movement on back, changing directions			X		From lying on their back, vaulter changes position on horse by scissoring legs and pivoting around to effect movement and change in direction
Hop from knees to feet facing forward				X	From forward kneel, vaulter hops to feet and upright position. Hands may not touch horse or grips
Hop from knees to feet facing reverse or sideways			X		From reverse or sideways kneel, vaulter hops to feet and upright position. Hands may not touch horse or grips
Hop from forward kneel with turn to reverse stand/vice versa		X			From forward or reverse kneel, vaulter hops to feet, changing direction by 180 degrees to standing in opposite direction. Hands may not touch horse or grips
Hop from stand to stand with quarter turn			X		From stand facing any direction, vaulter hops to another stand, changing direction by 90 degrees. COG rises less than 1 foot (Example: side stand to reverse stand)

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Hop from stand to stand with half turn		X			From stand facing any direction, vaulter hops to change direction by 180 degrees to stand in opposite direction. COG rises less than 1 foot (Example: outside side stand to inside side stand; reverse stand to forward stand)
Jump from stand to stand with 360 degree turn (full turn)	X				From stand facing any direction, vaulter jumps and performs a 360 degree turn to stand facing in the same direction. COG must rise at least 1 foot
Arcade backward/forward from back to neck or neck to back		X			Handstand walk-over from neck to backbend on back (Arcade) or from backbend on horse's back with reverse walkover to neck
Arcade as above, backbend position held, returning to starting position	X	XX			Arcade from neck to back; backbend held and then arcade back to neck. NOTE: Series of three D exercises performed in <u>immediate</u> succession without interruption become 1 R and 2 Ds (FEI Guidelines for Judges)
Stand split kick up		X			From stand position (any direction) vaulter kicks one leg up with foot above head level and then returns foot to horse's back
Cartwheel on horse (any direction)		X			From any position on the horse, vaulter performs a cartwheel with arms and legs stretched. Vaulter's center of gravity moves vertically over the supporting hands; legs move fluently and separately and vaulter lands softly on the sole of one foot; other foot may land in any position
Chest cartwheel			X		From kneeling position on neck, vaulter rotates around their sagittal axis through a side split shoulder hang to landing on knees or in a supported press on back, facing forward
Handstand chest roll		X			From sideways handstand, vaulter bends arms and rolls down onto chest, then torso, then front of hips into sideways press on inside or outside of horse
Jump handstand chest roll	X				From standing position, vaulter jumps up and into handstand position and then rolls down onto chest, then torso, then front of hips into sideways press on inside or outside of horse. COG must raise at least 1 foot during jump
Back handspring on the horse	X				From forward stand on neck or back, vaulter performs free turn backwards around lateral axis, where hands make contact with the horse only after a turn of 180 degrees and continues rotation another 180 degrees to landing softly in any position on the horse's back (handspring on horse)

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Tuck Jump: COG rises at least 1 foot		X			From forward stand, vaulter jumps up and lifts knees into tuck position at a 90 degree angle, landing softly on feet only. COG must rise at least 1 foot
Tuck Jump (hop): COG rises less than 1 foot			X		From forward stand, vaulter jumps up and lifts knees into tuck position at 90 degree angle, landing softly on feet only. COG rises less than 1 foot
Kick Jump: COG rises at least 1 foot			X		From forward stand, vaulter jumps up and bends knees with feet together and lifted backward towards buttocks, landing softly on feet only. COG must rise at least 1 foot
Kick Jump (hop): COG rises less than 1 foot				X	From forward stand, vaulter jumps up and bends knees with feet together and lifted backward towards buttocks, landing softly on feet only. COG rises less than 1 foot
Jump frontways: COG rises at least 1 foot (all jumps other than tuck and kick jumps)	X				From forward stand, vaulter jumps up and stretches legs in any position other than tuck or kick, as described above (Example: split or stag jump) Landing must be soft and on feet only. COG must rise at least 1 foot
Jump frontways: COG rises less than 1 foot (all jumps other than tuck and kick jumps)		X			From forward stand, vaulter jumps up and stretches legs in any position other than tuck or kick, as described above (Example: split or stag jump) Landing must be soft and on feet only. COG rises less than 1 foot
Jumps: Two in a row, landing on feet only: COG rises at least 1 foot. (All jumps other than kick jumps)	XX				Two different jumps (Example: split jump and then stag jump) <u>immediately</u> following one another with no strides in between, landing softly on feet only. COG of <u>both</u> jumps must rise at least 1 foot. (No kick jumps)
Reverse jump: COG rises at least 1 foot	X				From reverse stand, any jump; landing softly on feet only. COG must rise at least 1 foot
Sideways jump: COG rises at least 1 foot	X				From sideways stand, any jump; landing softly on feet only. COG must rise at least 1 foot
Jump changing direction: COG rises at least 1 foot	X				Jump which changes direction, landing softly on feet only (Example: from reverse stand to side stand or forward stand to reverse stand); COG must rise at least 1 foot
<u>STATIC EXERCISES</u>					
<u>SITTING EXERCISES</u>					
Taylor seat forward free/reverse holding				X	Sitting cross-legged on back facing forward, free or holding. If sitting reverse, holding

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Taylor seat reverse, free			X		Sitting cross-legged on horse's back reverse, with hands free
Straddle seat forward, one hand holding				X	Sitting forward with one leg crossed on horse's back or over grips with other leg extended up and held by one hand; other hand holding grip
Straddle seat forward free/reverse, holding			X		Sitting forward with one leg crossed on horse's back or over grips with other leg extended up and held by one hand; other hand free. <u>If reverse</u> : Sitting with one leg crossed over back with other leg extended up and held by one hand; other hand holding grip
Straddle seat reverse, free		X			Sitting reverse with one leg crossed over horse's back and other leg extended up and held by one hand; other hand free
Splits, holding			X		Splits (all directions). Vaulters sitting with legs near 180 degrees; held with both hands
Splits, one hand holding		X			Splits (all directions). Vaulters sitting with legs near 180 degrees; holding grip with one hand
Splits, free	X				Splits (all directions). Vaulters sitting with legs near 180 degrees; both hands free
Side seat on neck/back				X	Sitting sideways on neck or on back with legs together, facing inside or outside; hands free or holding
Reverse seat on neck/back				X	Sitting reverse astride on neck or back, hands free or holding
<u>HANGING EXERCISES</u>					
All hanging exercises (except shoulder hangs) using surcingle				X	Hanging on inside or outside of horse, holding onto grips with one or both hands; center of gravity below hands or supporting leg
Shoulder hang in all positions, both hands holding			X		Vaulters' body and legs are in upside down vertical position; shoulder axis is below the holding point and weight is supported by upper limbs; both hands holding
Shoulder hang in all positions, one hand holding		X			Vaulters' body and legs are in upside down vertical position; shoulder axis is below the holding point and weight is supported by upper limbs; holding with one hand
Shoulder stands - (See under Standing Exercises)					

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
<u>KNEELING EXERCISES</u>					
Forward kneel				X	Body weight is supported by both lower legs from knees to top of feet; body is upright facing forward; hands free or holding
Reverse/sideways kneel on back, free			X		Body weight is supported by both lower legs; body is upright facing reverse or sideways; hands and feet free
Reverse/sideways kneel on back, supported				X	Body weight is supported by both lower legs; body is upright, facing reverse or sideways; hands free; one foot in grip
Sideways kneel on neck, free	X				Body weight is supported by both lower legs; body is upright, facing sideways on neck; hands and feet free
Sideways kneel on neck, supported		X			Body weight is supported by both lower legs; body is upright, facing sideways on neck; hands free; one foot in grip
Forward prince on back				X	Vaulter on one knee (lower leg from knee to top of foot), other leg is bent at 90 degree angle with foot on back; body in upright position facing forward
Reverse prince on back, free			X		Vaulter on one knee (lower leg from knee to top of foot) with foot free of grip, other leg is bent at 90 degree angle with foot on back; body is in upright position facing reverse; hands free
Reverse prince on back, supported				X	Vaulter on one knee (lower leg from knee to top of foot) with foot in grip, other leg bent at 90 degree angle with foot on back; body is in upright position facing reverse; hands free
Sideways prince on back, free		X			Vaulter on one knee with foot free of grip, other leg is bent at 90 degree angle with foot on back; body is in upright position facing inside or outside; hands free
Sideways prince on back, supported			X		Vaulter on one knee with foot in grip, other leg bent at 90 degree angle with foot on back; body is in upright position facing inside or outside; hands free
Forward/sideways prince on neck, free	X				Vaulter on one knee on neck with foot free of grip, other leg bent at 90 degree angle with foot on neck; body is in upright position facing inside, outside or forward; hands free

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Forward/sideways prince on neck, supported		X			Vaulter on one knee on neck with foot in grip, other leg bent at 90 degree angle with foot on neck; body is in upright position facing inside, outside or forward; hands free
Forward kneel on back on one knee with other leg stretched down				X	Vaulter on one knee (weight supported on lower leg from knee to top of foot) on horse's back with other leg stretched down alongside horse for support, facing forward
Reverse/sideways kneel on back on one knee with other leg stretched down, free			X		Vaulter on one knee (weight supported on lower leg from knee to top of foot) on horse's back with foot free; other leg is stretched down alongside of horse for support; body is in upright position facing reverse or sideways; hands free
Reverse kneel on neck on one knee with other leg stretched down, free			X		Vaulter on one knee on horse's neck with other leg stretched down alongside horse for support (not in loop); body is in upright position facing reverse; hands free
Reverse kneel on neck on one knee with other leg in loop, free or holding				X	Vaulter on one knee on horse's neck with other leg stretched down in cossack loop; facing reverse; hands free or holding
Forward/reverse/sideways kneel on one knee with other leg stretched or straddled up or out to the side, one hand holding			X		Vaulter on one knee on horse's back with other leg stretched or straddled up and out to vaulter's side; body is in upright position facing any direction; one hand holding grip
Sideways kneel on one leg with other leg stretched out on neck facing inside/outside, free		X			Vaulter on one knee on horse's back with other leg stretched out onto horse's neck; body is in upright position facing inside or outside; hands free ("Special K")
Sideways kneel on one leg with other leg stretched out on back facing inside/outside, free			X		Vaulter on one knee on horse's back with other leg stretched out onto horse's croup; body is in upright position facing inside or outside; hands free
Sideways kneel on one leg with other leg stretched out on back facing inside/outside, one hand holding				X	Vaulter on one knee on horse's back with other leg stretched out onto horse's croup; body is in upright position facing inside or outside; one hand holding grip

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Forward/reverse/sideways kneel on one knee, other leg and hands free	X				Vaulter on one knee on horse's back, foot free, with other leg stretched up; body is in upright position facing any direction; both hands free or with one hand holding raised leg or foot
<u>LYING EXERCISES</u>					
Lying along horse's back, both hands holding				X	Lying along horse's longitudinal axis (not across) facing up or down; both hands holding
Lying along horse's back, one hand holding			X		Lying along horse's longitudinal axis facing up or down; one hand holding
Lying sideways up/down/on side across back, both hands holding				X	Lying across horse, vaulter's head toward inside or outside of circle; lying on back, stomach or side; body should be horizontal; both hands holding
Lying sideways up/down/on side across back, one hand holding			X		Lying across horse, vaulter's head towards inside or outside of circle; lying on back, stomach or side; body must be horizontal with arc tension; one hand holding
Lying sideways up/down/on side across back, hands free		X			Lying across horse, vaulter's head towards inside or outside of circle; lying on back, stomach or side; body must be horizontal with arc tension, both hands free
Candle on back				X	Lying along horse's longitudinal axis, vaulter lying on their back with both legs up at 90 degree angle; holding grips
Lying on shoulder blade, one foot supported, one leg and one arm free			X		Vaulter lying on their shoulder blade with one foot in grip; holding grip with one hand; other leg and arm are up (free)
<u>STANDING EXERCISES (SHOULDER, NECK, HANDS, FEET)</u>					
Shoulder stand on back			X		Vaulter is in shoulder stand on horse's back with their back facing towards croup. Support is on vaulter's shoulder only. Torso and legs are stretched up vertically; holding grips with both hands
Shoulder stand on back, one hand holding		X			Vaulter is in shoulder stand on horse's back with their back facing towards croup. Support is on vaulter's shoulder only. Torso and legs are stretched up vertically; holding grip with one hand only

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Shoulder stand on neck		X			Vaulter is in shoulder stand on horse's neck with their back facing towards horse's head. Support is on vaulter's shoulder only. Torso and legs are stretched up vertically; holding grips with both hands
Shoulder stand on neck, one hand holding	X				Vaulter is in shoulder stand on horse's neck with their back facing towards horse's head. Support is on vaulter's shoulder only. Torso and legs are stretched up vertically; holding grip with one hand only
Neck stand on back		X			Vaulter is in neck stand on horse's back. Support area is the back of vaulter's neck. Torso and legs are stretched up vertically; supported by one or both hands or arms
Neck stand on neck	X				Vaulter is in neck stand on horse's neck. Support area is the back of vaulter's neck. Torso and legs are stretched up vertically; supported by one or both hands or arms
Handstand in grips		X			Vaulter in handstand position facing forward or reverse; hands through the grips for support
Handstand on top of grips or on back	X				Vaulter in handstand position facing any direction; hands on top of grips or on top of horse's back
Stand in cossack loops				X	Vaulter standing forward or reverse with both feet in the cossack loops; hands free or holding
Sideways stand in loop, one leg extended on back, free or holding				X	Vaulter standing with one foot in cossack loop and other leg extended on back; facing inside or outside; hands free or holding
Sideways stand in loop, one leg bent with foot on back, free or holding				X	Vaulter standing with one foot in cossack loop and other leg bent with foot on back; facing inside or outside; hands free or holding
Sideways stand/reverse stand on back (Technical Test Exercise)		X			Vaulter standing sideways facing inside, outside or reverse, feet free. (See FEI Technical Test exercises for more)
Sideways stand, one foot in grip			X		Vaulter standing sideways facing inside or outside on back; one foot in grip
Reverse stand on neck, one foot in grip			X		Vaulter standing reverse on neck with one foot on neck and other foot in grip
Reverse stand on neck, feet free		X			Vaulter standing reverse on neck; both feet on neck (not in grips)

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Reverse stand on surcingle, one foot in grip, one foot on back			X		Vaulter standing reverse on surcingle with one foot in grip and other foot on back (pad)
Reverse stand on surcingle, both feet in grips			X		Vaulter standing reverse on surcingle; both feet in grips
Forward stand on surcingle, both feet in grips				X	Vaulter standing forward on surcingle; both feet in grips
Forward stand one foot on back, one foot on top of surcingle			X		Vaulter standing forward with one foot on back and other foot on top of surcingle
Forward stand one foot on back, one foot in grip				X	Vaulter standing forward with one foot on back and other foot in grip
Forward stand one foot on top of surcingle, one foot on neck		X			Vaulter standing forward with one foot on top of surcingle and other foot on neck
Forward stand on croup		X			Vaulter standing forward with both feet on croup (not on pad)
Sideways/reverse stand on croup	X				Vaulting standing sideways or reverse with both feet on croup (not on pad)
Sideways stand, non weight-bearing leg extended on croup		X			Vaulter standing facing sideways inside or out with one leg extended and lightly touching croup. (The majority of vaulter's weight is on the leg closest to surcingle)
Forward/reverse cross legged stand, feet in grips			X		Vaulter standing facing forward or reverse with legs crossed, both feet in grips
Cross legged stand on back, facing any direction, feet free		X			Vaulter standing with legs crossed, facing any direction; both feet free (not in grips)
One legged stand on back, raised leg in any position	X				Vaulter standing on one leg, facing any direction; other leg free
All one legged stands in grips		X			Vaulter standing on one leg with foot in grip, facing any direction; other leg raised horizontal or higher
<u>SUPPORTED EXERCISES</u>					
Support on back, facing horse				X	Hands on back or grips, completely supporting weight; vaulter's body on inside or outside facing horse

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Straddle split support, facing inside/outside		X			Hands on back completely supporting weight; vaulter's legs are in split position, facing inside or outside
Ninety degree sit support facing inside/outside		X			Hands on back completely supporting weight; vaulter's legs held at a 90 degree angle, facing inside or outside
Forward/reverse straddle split support on the grips		X			Hands on grips completely supporting weight; vaulter's legs in a straddle split, facing forward or reverse
Forward pushup (Wheelbarrow)				X	Hands on grips, legs on croup; body in horizontal line (not broken at the waist); facing up or down
Forward pushup supported with one leg			X		Hands on grips, supported with one leg on croup; other leg raised up; body in horizontal line (angle between upper body and supporting leg is 180 degrees); facing up or down
Forward pushup facing up, supported by one leg; other leg at 90 degree angle (Technical Test exercise)		X			Hands on top of grips; one leg on croup with other leg raised at a right angle (90 degrees) to vaulter's body. Vaulter's body from head to supporting leg forms a straight line (180 degrees); facing up (See FEI Technical Test exercises for more)
Forward pushup facing up, supported by one leg; other leg at 90 degree angle; supported with one arm only	X				One hand on top of grip, one hand free; one leg on croup; other leg is raised at a right angle (90 degrees) to vaulter's body. Vaulter's body from head to supporting leg forms a straight line (180 degrees); facing up
Forward pushup facing up or down, supported by one arm only and both legs		X			One hand on grip, one hand free; both legs on croup; vaulter's body from head to supporting legs forms a straight line (180 degrees); facing up or down
Yoga press, free	X				Hands on top of grips or back, entirely supporting weight of vaulter; legs free in any position; facing any direction
Yoga press in grips		X			Hands through grips, entirely supporting weight of vaulter; legs free in any position; facing any direction
<u>BENCH EXERCISES, FLAGS & ARABESQUES</u>					
Forward bench up on croup				X	Torso facing up in box position, hands on grips; both feet on croup; (hands and feet are the only support points)
Forward bench up on croup, one leg free			X		Torso facing up in box position, hands on grips; one leg is on croup with other leg stretched up (hands and one foot are the only support points)

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Forward bench up on croup, supported by one arm and one leg		X			Torso facing up in box position; one hand on grip, one foot on croup, other leg and hand are free (one hand and foot are the only support points)
Reverse bench up on neck			X		Torso facing up in box position, hands on grips; one foot on neck, other leg stretched up (hands and one foot are the only support points)
Reverse bench up on neck, supported by one arm and one leg	X				Torso facing up in box position, one hand on grip, one foot on neck; other leg and hand are free; (one hand and foot are the only support points)
Bielman flag on back, all directions		X			In flag position with one hand on grip, other hand holding raised leg up and stretched over the vaulter's shoulders with elbow of hand holding leg pointing forward; leg must be stretched up above head level
Bielman flag in cossack loops, all directions			X		One foot standing in cossack loop; one hand on grip and the other hand holding raised leg up and stretched over vaulter's shoulders with elbow of hand holding leg pointing forward; leg must be stretched up above head level
Reverse half flag on neck				X	Vaulter facing reverse on horse's neck supported by one lower leg on neck with other leg extended into flag position; both hands on grips
Reverse half flag on back				X	Vaulter facing reverse on horse's back supported by one lower leg (from knee to top of foot), foot free or in grip; other leg extended into flag position; both hands on back
Reverse flag on neck			X		Vaulter facing reverse on horse's neck supported by one lower leg on neck with other leg extended into flag position; one hand on grip, other hand stretched into flag position
Reverse flag on back			X		Vaulter facing reverse on back supported by one lower leg (from knee to top of foot) on back (foot free or in grip); other leg extended into flag position; one hand on back or croup; other hand extended into flag position
Sideways half flag on back				X	Vaulter facing inside or outside supported by one knee on back; other leg extended out into flag position; both hands on horse or grip
Sideways flag on back			X		Vaulter facing inside or outside supported by one knee on back; other leg extended out into flag position; one hand on horse or grip with other hand extended into flag position

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Arabesque in the loop all directions, both hands holding				X	Vaulter standing with one foot in cossack loop facing any direction, other leg is stretched up and back; both hands on grips; body should be horizontal or above
Arabesque in the loop all directions, one hand holding			X		Vaulter standing with one foot in cossack loop facing any direction, other leg stretched up and back; one hand on grip; other hand free; body should be horizontal or above
Arabesque in the loop all directions, free		X			Vaulter standing with one foot in cossack loop facing any direction, other leg stretched up and back; both hands free; body should be horizontal or above
Forward arabesque on croup			X		Vaulter facing forward with one foot on croup, other leg stretched up and back; both hands on pad; chest and supporting leg separated by more than 1 foot
Reverse arabesque on croup			X		Vaulter facing reverse with one foot in grip or on surcingle, other leg extended up and back; both hands on croup or pad; chest and supporting leg separated by more than 1 foot
Standing taylor in loop, one hand holding			X		Vaulter standing upright facing any direction with one foot in cossack loop, other foot stretched up over head in split position; one hand holding grip, other hand parallel to or holding raised leg
Standing taylor in loop, free		X			Vaulter standing upright facing forward or reverse with one foot in cossack loop, other foot stretched up over head in split position; both hands free
Stand split in loop all directions, holding				X	Vaulter standing with one foot in cossack loop facing any direction, other leg stretched up in split position; head down; holding grips with both hands. Angle of elevated foot to upper body close to 180 degrees; chest and supporting leg separated by less than 1 foot
Forward arabesque on back, both hands holding				X	Vaulter standing facing forward with one foot on back, other leg stretched up and back; holding grips with both hands; chest and knee of supporting leg separated by 1 foot or more
Forward arabesque on back, one hand holding			X		Vaulter standing facing forward with one foot on back, other leg stretched up and back; holding grip with one hand only; chest and knee of supporting leg separated by 1 foot or more
Reverse arabesque on back, both hands on horse's back (or pad)			X		Vaulter standing facing reverse with one foot in grip, other leg stretched up and back; both hands on back or pad; supporting leg and hands separated by 1 foot or more

EXERCISE/DESCRIPTION	R	D	M	E	COMMENTS
Reverse arabesque on back, one hand holding		X			Vaulter standing reverse with one foot in grip, other leg stretched up and back; one hand on back or pad, other hand free; supporting leg and hand separated by 1 foot or more
Arabesque on back, any direction, free	X				Vaulter standing facing any direction with one foot on back, other leg extended up and back to horizontal position or above; both hands free; head and upper body on same level as stretched leg
Bielman Arabesque on back, any direction, free	X				Vaulter standing facing any direction with one foot on back, other leg stretched back and up over vaulter's head/shoulders (above head level), with foot/leg held by one or both hands
Stand Split forward on back/reverse on neck, both hands holding			X		Vaulter standing on back facing forward or on neck facing reverse on one foot, other leg stretched up in split position (180 degrees); head down and close to knee; both hands holding grips; chest and supporting leg separated by less than 1 foot (Needle)
Stand Split sideways (Technical Test exercise)		X			Vaulter standing facing sideways on one foot <u>close to horse's centerline</u> , other leg stretched up in split position (180 degrees); head down and close to knee; one hand holding grip, other hand <u>flat</u> on horse's back or pad; chest and down leg separated by less than 1 foot (See FEI Technical Test exercises for more)
Stand Split all directions (also on neck), one hand holding		X			Vaulter standing facing any direction on one foot, other leg stretched up in split position (180 degrees); head down and close to knee; one hand holding; chest and supporting leg separated by less than 1 foot
Stand Split all directions, free	X				Vaulter standing facing any direction on one foot, other leg stretched up in split position (180 degrees); head down and close to knee; both hands free; chest and down leg separated by less than 1 foot